

VOLUNTEER

Make a Difference

Saratoga County Retired and Senior Volunteer Program April/May/June 2018

Dear Volunteer and Stations:

Happy Summer! I have enjoyed getting back into this program and being able to see many of you. I hope to make visits to stations soon. I plan to have an Advisory Council meeting in the near future. I have completed the Continuation Grant, Progress Report, Progress Report Supplement and the SOFA Annual Report. I will be focusing on RSVP Program areas that need growth and improvement. I will also be attending a conference this summer.

A few program reminders listed below:

- Timesheets should be completed and sent in monthly.
- If your information needs to be updated- Please let me know. Example- No longer volunteering, new address, phone number or email.
- Want to try a new/different volunteer opportunity- contact me.

Enjoy the Summer! Billie Jo

Awesome Opportunity Available

Are YOU interested or Do you belong to a group that would be interested in.....**Living Healthy-** A **free** six week evidence based workshop series that is Co-Volunteer Peer lead that will provide you with tips and techniques to use in your everyday life to help manage Chronic Conditions. Weekly sessions - 2 ½ hours in length- will focus on building skills, making action plans, and sharing experiences. Refreshments provided.

Welcome New Members

Stephen Anderson	Darleena Ball
Mary Ellen May	David Myers
Eloise O'Neil	Jim Polewczak
Susan Polewczak	Pat & Kevin Devine
Gary Restau	Marie Ziegler

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

★ Home Delivered Meals Drivers and Kitchen Helpers Needed- throughout the county- ★

★ *Deliver meals to home-bound seniors in ★

★ Saratoga County. Use your own vehicle takes ★

★ about an hour, flexible schedule. ★

★ *Assist at Meal Site with serving food/basic ★

★ kitchen clean up. ★

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★ Children Mentors Desperately Needed in ★

★ Sept. for 2018-19 school year. Assist 1st Graders ★

★ with reading skills-Training is provided. ★

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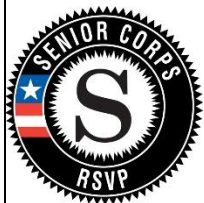
Retired and Senior Volunteer Program -**RSVP**- sponsored Programs have volunteer opportunities available --

Osteoporosis Exercise Leaders
Medical Transport Drivers
Advisory Council Members
Discovery Box Children Mentors
Living Healthy Workshop Facilitators

Billie Jo McConkey, RSVP Project Director
Email: Bmccconkey@saratogacountyny.gov
Email or call me at 518-884-4110 for details about volunteer opportunities and any of the items in this newsletter.

RSVP receives its funding from the Saratoga County Office for the Aging. The Corporation for National and Community Service and the New York State Office for the Aging.





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Saratoga County RSVP April/May/June 2018

Volunteers, Stations are at the heart of RSVP. All of our Stations deliver meaningful services to our community. Here is a list of our current stations. If you see one which you would like to find out more information about- Please call or email me.

Billie Jo

AARP Tax Counseling
American Red Cross
Ballston Area Seniors
Peregrine Sr Living @ Clifton Park
Brookside Museum
Captain Comm. Human Services
Corinth Senior Center
Division Street Elementary School
Doubleday Congregate Site
Doubleday Woods
EOC
Franklin Community Center
Friends of Shen
Hadley Congregate Site
Halfmoon Senior Center

Home of the Good Shepherd
Rebuilding Together Saratoga
Junior Achievement of NE NY
Lake Avenue Elementary School
Mary's Haven
Mechanicville Senior Center
Moreau Community Center
Home Delivered Meals, OFA
OKTE Elementary
Rebuilding Together, Saratoga
Saratoga Area Visitors Center
Saratoga Arts
Saratoga County Historian's Office
Saratoga County Office for the Aging
VETHELP, Saratoga Co Rural Pres

Saratoga Congregate Site
Saratoga ARC/Saratoga Bridges
Saratoga Hospital
Saratoga Mentoring/ C-Charities
Saratoga Regional YMCA
Saratoga Spring Senior Center
Southern Saratoga YMCA
St. Mary's School
The Fisherman's Net Youth
Town of Ballston Congregate
Waterford-Congregate Site
Waterford/Halfmoon School
Wesley Health Care Center
Yaddo Garden Association
Saratoga County Public Health

EVENTS

(and things you may find interesting)

Saratoga County Fair

7/24/18-7/29/18.....Stop by our tent at the fairgrounds for information and give aways.

When: Wednesday July 25th is Senior Day

Where: Ballston Spa Fairgrounds

Cost: admission for 65 years of age and over is \$5 on 7/25/18

Office for the Aging Senior Nutrition Program

Traveling BBQ- For ages 60+ This summer at meal sites throughout Saratoga County--Hamburgers/Hot Dogs/ Salads/Chips/Ice Cream/Beverages. Requires a reservation/Eat in only/ Served 12 noon. Please call The Office for the Aging @ 518-884-4100 or 518-363-4020 for dates/locations. Voluntary suggested contribution is \$2.00 via contribution letter to be mailed.

Farmer Market Coupons are available at The Office for the Aging in Ballston Spa for income eligible seniors (60+) CALL for details 518-884-4100.

VOLUNTEERS NEEDED

EOC-Economic Opportunity Council is looking for friendly & inviting people

Food Pantry Assistant- stocking shelves, filing orders and assisting customers to cars- (Located in Ballston Spa).

Mobile Food Pantry Assistant- Assist Advocate out on the road... filling orders and assisting with loading the customer vehicles.

Soup Kitchen Assistant- Assist in running the Soup kitchen including the prep of food, serving food, and kitchen breakdown- (Located in Saratoga Springs).

